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# A Look On Water In General

## *What Minerals Are Found Water?*

Though it doesn't always look or tastes like anything particularly special, our water is far more nutritional than we might realize.

Although, not even bottled mineral water will supply you with the nutrients your body needs to get by on a day-to-day basis – you'll need to look at your dietary choices to make sure you're getting your recommended daily intake of important minerals.

But drinking 2 liters of water per day can also contribute towards that RDI, some more than others.

Most of us know that calcium and magnesium can be found in water. But did you know that **water contains traces of more than 10 minerals** as well as the well-known? In this section, I'll provide an analysis of the **common minerals found in water** and a quick summary of the public health benefits of drinking them.

## *Common Minerals Found In Water*

### **Calcium**

Calcium, otherwise known as calcium carbonate, is a mineral that can be found in the human body's teeth and bones.



Calcium is the most common mineral in the body and makes up around 2% of the body's weight.

As well as being present in teeth and bones, calcium plays a huge part in many of the body's functions including your vascular and muscular contraction, blood clotting, regulation of enzymes and hormones and carrying messages between the nerves and the brain.

As calcium is involved in almost every process in the human body, a shortage can produce very serious effects. As well as resulting in weaker bones leading to fractures and osteoporosis, a calcium deficiency can also cause convulsions and potentially fatal heart arrhythmias.

## **Copper**

Copper is another of the significant dietary minerals in the body. It works to manage the formation of red blood cells and maintain healthy blood vessels, nerves and bones, as well as support immune function. Getting a high mineral intake of this mineral has even been proven to reduce the risk of osteoporosis and heart disease.

A deficiency in this nutrient can result in a number of issues such as muscle weakness, neurological problems, anemia, and skin paleness.



## **Fluoride**

Fluoride may be found naturally in water in varying amounts, depending on where you live in the U.S or your country. Many states add this mineral to tap water during the drinking water treatment process, as it has proven significant in maintaining dental health and preventing tooth decay.

There's controversy around whether adding even a little fluoride to water is really good for adults and particularly children when consumed on a daily basis, but data suggests that on the whole, it's healthy to drink trace amounts of this mineral.

## **Iron**

Iron is used by the body to produce red blood cells.

Most of us have heard of anemia, which results from an iron deficiency. A lack of this mineral in food and water may also expose you to risks such as impaired immunity, making you more prone to infection and illness. You may also experience problems with the lungs and heart; therefore it's important to make sure you're getting your daily intake of this mineral in the food you eat as well as the water you drink.

## **Magnesium**

Magnesium is another key mineral that is crucial for wellbeing and health.



It plays a part in more than 300 biochemical reactions and is also involved in the development of healthy bones.

A typical human body contains around 25g of magnesium, 60% of which is found in the bones, with the remainder primarily in the soft tissues.

Magnesium levels within the body are very hard to measure because the majority of it resides within the bones. However, a deficiency could cause profound effects including weakness, nausea, and fatigue.

Continued deficiency could lead to numbness, cramps, seizures, personality changes and disruption to the rhythm of the heart.

Getting enough magnesium per day is important for managing multiple tiny biochemical reactions. Alongside calcium, magnesium is also needed for the growth and maintenance of strong bones.

## **Manganese**

Manganese, while only needed in small quantities, is another of the essential minerals we couldn't live without. It supports calcium in the bone-building process, and is also needed for wound healing. Manganese even has an effect on the body's ability to use amino acids and carbohydrates.

Laboratory studies suggest that without manganese, your bones cannot grow as they should.

## **Phosphorus**



Phosphorous is also required for teeth and bones. It also helps the body to use fats and carbohydrates effectively, helps with protein production for the growth and repair of cells, and aids in muscle recovery after a workout. Not getting your recommended daily intake of phosphorus could potentially result in muscle weakness, anemia, and pain in your bones, among other issues.

## **Potassium**

Potassium is involved in muscle contraction, and is also needed for the proper functioning of the nervous system and the regulation of the heartbeat. You might feel really weak or fatigued, have stiff muscles or muscle cramps/aches, or even have concerns with breathing difficulties or heart palpitations if you don't add the recommended average amount of this nutrient to your diet.

## **Sodium**

Sodium is a nutrient that's needed for helping the muscles and nerves to communicate. Sodium is also required to control the pressure and volume of our blood, and balance our bodies' minerals and water levels.

## **Zinc**



Finally, a stable zinc content in the body can support immune functioning and help to fight off harmful pathogens like viruses. We also need this mineral to make cell DNA and protein, and it is especially imperative for pregnant women, as the fetus relies on zinc for proper development.





## *Mineral Level By Type Of Drinking Water*

As I mentioned earlier, not all sources of water are equal when it comes to mineral intake. Be sure to consider that consumption of certain water sources will offer an increased level of minerals compared to others.

Some of the most *common* drinking water sources to choose from are tap water, mineral water and regular bottled water.

### **Tap Water**

Tap water is, as the name suggests, the water that is supplied to most households in the United States. It travels through the pipes in your home, to your tap, straight to your glass. Most tap water sources are usually derived **from rivers, lakes, surface water and groundwater**, and will undergo some form of filtration or sterilization at a treatment center before making its way to your home.

Depending on the composition of the rocks and soils in your local area, your **tap water samples will have a higher or lower mineral content**. However, very few tap water samples will have a mineral content that rivals the stuff you can get in a bottle.

Tap water also generally has higher levels of contaminants. EPA regulations limit the concentration of contaminants present in tap water that's sent to our homes, but published data offers evidence that substances like lead, arsenic and chemicals including chlorine might be present in low levels.



Tap water is typically disinfected with chlorine, a chemical that many people would prefer **not to drink** in a source of water because of its known associated health complications.

You can filter the majority of contaminants out of water, significantly improving its quality, with different methods.

## Mineral Water

Legally, water from a bottle that's labeled as mineral water must contain a consistent composition of minerals, which usually includes high levels of calcium, magnesium, phosphates and more. This type of water is typically the most “expensive” due to its addition of minerals and is regulated based on standards set by the Food and Drug Administration in the United States.

Most mineral waters are **derived from springs**, and their journey through rocks and soils gives them a **naturally high mineral content**.

However, what makes mineral water superior to the average water source is that additional minerals are added (usually at least 250 parts per million/ milligrams per liter of total dissolved solids – i.e. trace minerals or elements).

Exclusively drinking mineral water **still won't provide you** with all the minerals your body needs, however.

## Regular Bottled Water



Regular water from plastic bottles, otherwise labeled as spring water, will usually come from an underground spring – but this water might also come from a well or a different underground aquifer. Spring water contains only the minerals it has naturally picked up from earth, rocks and soils, unlike mineral beverages. No additional types of minerals are added to it, which generally gives it a lower mineral content than mineral-rich water from a bottle.



# The Aqua Tower

The Aqua Tower water making process is highly effective and can remove a big amount of trace contaminants from *any source of water*, including spring water and tap water.

Unfortunately, while removing the bad stuff from water, this process can remove the healthy stuff as well – things like trace elements: calcium, magnesium, potassium and phosphorous.

While the human body can get plenty of these minerals from the food we eat, it's better if you also drink them.

First let's see what the water making process actually does to the water...well – like I mentioned earlier - it removes **more than 99.9% of all solids that are found in drinking water.**

That means all the harmful impurities found in water, things like chlorine, heavy metals, bacteria, and iron, can all be completely removed, leaving you with **completely pure, impurity-free water.**

But as well as removing a high amount of these unwanted contaminants, the process can also remove the good healthy things your body wants.

For example when water is boiled, anything that can't evaporate into a gas ends up leftover in the boiling chamber – including those essential trace elements.

Luckily, it's not that hard to add the trace elements and minerals back into your water and you can do it at home with very little effort.



You may ask yourself, why don't I just drink the Aqua Tower water as is – since it's pure and free from any impurities?

Well, there are a lot of opinions regarding this subject so let me go ahead and try to make this decision easier for you...



## ***Is The Aqua Tower Water Safe To Drink As Is?***

Most types of water, including natural spring water and tap water, contain trace elements, minerals and inorganic compounds.

Generic bottled water, for example, provides about 24 milligrams of calcium, 5 milligrams of sodium and 5 milligrams of magnesium per cup.

Tap water has around 7 milligrams of calcium, 2 milligrams of iron and 9 milligrams of sodium per cup, depending on the source.

The water that comes from the Aqua Tower is **completely pure and impurity-free**. However this water contains none of these minerals.

Think of it as the purest type of water out there. It's free of harmful bacteria, viruses, fungi, sulfate, lead and other contaminants.

The process destroys germs in the water and removes impurities, such as salts and heavy metals.

Boiling and chlorination, by contrast, kill bacteria but fail to remove other contaminants.

The Aqua Tower water contains no impurities and therefore is considered safe. The only downside is its flat taste, because minerals are added to water for taste and since this water contains none, it has no flavor.

## ***Are There Any Health Benefits?***

The Aqua Tower water is just as hydrating as regular water. Plus, it has zero calories and it's free of bacteria and heavy metals. Like regular water,



the Aqua Tower water supports overall health and wellbeing by keeping you hydrated.

Bottled water, on the other hand, provides more minerals and electrolytes, but it may also contain bacteria and impurities.

A potential advantage of this water is its low sodium content. When consumed in excess, this mineral may raise blood pressure and promote water retention by increasing extracellular fluid volume.

Regular water does contain sodium — but too little to affect your blood pressure or your waistline.

In this chapter, we explore the qualities of the Aqua Tower water as compared with other types of water and analyze whether it is safe and healthful to drink.

### **What are the potential benefits of drinking WLG water as is?**

The WLG water does have potential advantages. These benefits may include:

**Cleansing the body with pure water:** When drinking this water, a person is consuming water with no other additives. As this water is pure, some people believe it can be cleansing for the body, though data on this is limited.





**Reducing the risk of disease:** The water making process removes waterborne pathogens. Most waterborne disease-causing bacteria do not survive the water making process.

Reducing risk of consuming harmful chemicals: The United States Environmental Protection Agency (EPA) does allow for low levels of certain harmful chemicals in drinking water. In the WLG water, none of these chemicals are present.

Each type of water has its own set of benefits, but some do carry risks.

Some people believe drinking this type of water can help cleanse the body from unnecessary chemicals along with other benefits. Other people, however, think the minerals found in drinking water are necessary for good health.

In essence, The Aqua Tower water is not very different from other purified water.

The only thing that differs is the way the water is purified.

The water is safe to drink in moderation as is when combined with a balanced diet. A variety of beverages and soft drinks also contain this type of water.

On the whole, drinking this water is not problematic when combined with other water sources. Most people eat a varied diet in developed countries and get their hydration and nutrition from a variety of sources.





## *Are There Any Risks Of Drinking ONLY This Type Of Water?*

The main risks of drinking only this type of water are associated with the lack of dissolved minerals, such as magnesium and calcium.

Some of the adverse effects of drinking just this type or low mineral water include:

- a flat taste that many people find unappealing, leading to reduced water consumption
- a decrease in the body's metabolic function
- an increase in urine output that could result in electrolyte imbalance
- Failing to replace minerals lost through sweat

When the body loses water through sweating and urine output, it loses sodium and other minerals in addition to water. In order for the body to function properly, those minerals must be replaced.

Drinking this type of water will not replace minerals lost through sweat, since all additives and minerals have been removed during the water making process.

However, as most people eat and drink a variety of food and beverages throughout the day, most people will get the salts and minerals they need from these other sources.

This lack of minerals and additives would only pose a significant risk **if the water was the only fluid or food that a person consumed.**

It is not dangerous to drink this water as part of a balanced diet, which should include foods that replace any minerals lost through sweat.



Now that we have seen the pros and cons of drinking the Aqua Tower Water as is... let's go on and see actually how easy it is to add the trace elements and minerals back into your water.



# Water Remineralization

First thing's first, you should know that no matter what, the **existing minerals removed by the water making process** don't *need* to be consumed in liquids.

In fact, food such as fruits and veggies, which you hopefully include in abundance in your diet, contain much higher quantities of these trace minerals.

When you look at the levels of minerals present in drinking water, you can see that in comparison, you're consuming so few minerals from this source that it wouldn't make much of a difference whether you drink normal tap water or purified water from The Aqua Tower.



## ***Benefits of Adding Minerals to Water***

### **Improves Water Taste**

If you're a fan of mineral-rich bottled water, you'll know that alkalized water with a high pH has an appealing taste. On the opposite end of the scale, demineralized water with a very low mineral content, or a complete lack of minerals, will taste flat, flavorless and unappealing. Drinking this water with added minerals will raise its pH level and thus improve its overall flavor, bringing some life back into your beverage.

### **Improves Hydration**

If you enjoy something, you're probably going to consume more of it. You're more likely to reach for a glass of water if you like the way it tastes, which is definitely useful from a hydration perspective. One of the most important factors for human health is hydration of the body, so it goes without saying that we should be drinking plenty of liquids on a daily basis.

### **General Health Benefits**

While water from your faucet doesn't contain the level of minerals the body needs to survive, there's no harm in getting a few extra nutrients from your



drinking alone. Nutrients such as calcium and magnesium become increasingly important as we age, and every little helps. Just ensure you're eating plenty of mineral-rich plant foods in your diet rather than solely relying on drinking water with added minerals.



# How to Re-mineralize the WLG Water

## *Which Minerals Should You Add to Your Water?*

There are significant health benefits to excluding contaminants and chemicals from unintentional ingestion.

By re-mineralizing the water, it's possible to have the best of both worlds, receiving the valuable protection of the WLG system water but still accessing the health benefits of minerals.

It's fairly easy to re-mineralize the water once you know what to do. The key is to ensure that you only buy quality products to replace the missing minerals; don't be tempted by sub-standard products on sale at the dollar store. By doing this you can continue to enjoy delicious pure water with every health benefit possible.

Here are some easy ways to make your water more alkaline and mineral-rich whether you are at home, at work, or on the go. You may find that a combination of these solutions works best for you.

## *DIY Water Re-mineralization*

### **Trace Mineral Drops**

Looking for an **affordable, low-fuss way to re-mineralize your water?**

Mineral or electrolyte drops are an effective solution to consider.



Adding trace mineral drops to your water will make you think you're drinking mineral-rich water from a coveted natural source. You'll actually enjoy your water again, because it tastes so much better. Plus, it's easy to quickly add a few drops to a glass of water, water bottle, or even a pitcher for the whole family to enjoy.

Trace mineral drops include micro minerals that your body needs in very small amounts, such as chromium, copper, manganese, molybdenum iodine, selenium, iron, and zinc. Many drops also contain a fair share of magnesium, an important macro mineral. Adding minerals to water makes them much more easily absorbed by the body, because they are in their electrolyte or ionic form. You also get the advantage of taking in a steady supply of these minerals as you drink water throughout the day.

A little goes a long way, so make sure to follow instructions carefully to ensure you're only adding what you need.

*The Quinton Wellness product* is a fantastic solution if you're looking for a product that's been manufactured by a leading wellness company based on decades of medical research.

There are a number of options available on the market today, but not all brands are legitimate, so do your research and don't be so quick to believe a marketing claim.

It's fine to message a company before making a purchase with whatever questions you may have if you're unsure or looking for more data.

Using mineral or electrolyte drops is usually as easy as putting them in a glass or pitcher of water and drinking as you usually would. Plus, they are relatively inexpensive.





Depending on what type of product you go for and the website you buy it from, minerals in the form of drops or electrolyte powder can last for weeks to months, and cost around \$20-\$40 on average.

### **Mineral-Rich Salt**

This doesn't mean grabbing your table salt and pouring it into your system but instead using a special kind of sea-salt which is very dense in minerals, such as Himalayan sea salt.

Himalayan sea salt contains the full complement of 84 trace minerals and is very cheap to buy. Make sure you purchase fine salt and you won't need to worry about a salty taste in your water.

You can either add a tiny pinch to every glass of water or else add around a quarter of a teaspoon to every gallon of water.

### **Pink Himalayan Salt**

Pink Himalayan salt, a type of sea salt or rock salt, might seem a little strange to add to your water, but it's high in natural minerals while relatively lower in sodium than table salt, making it a useful solution for introducing to your water every day.





Using pink Himalayan salt is one of the most **natural means of water re-mineralization**, but there's a bit more to it than just adding a pinch of the stuff to a cup of water.

The recommended method is to create a beverage called **sole water**, by introducing enough salt to fill a jar 1/4 full before filling it the rest of the way with water. You should then store the water for up to 24 hours to allow the salt to fully dissolve.

Sole water isn't just good for you because of the calcium carbonate and magnesium it contains; the elements found in this type of sea salt are also said to balance the negatively and positively charged ions in the body's cells.

Of course, pink Himalayan sea salt isn't your average table salt, which is far higher in sodium and doesn't contain many minerals at all. You'll need to buy pink Himalayan salt online, where it's widely available. It's important that you're precise with your measurements, here, as though pink Himalayan salt is lower in sodium than other salts, the sodium content could still be dangerously high if you added too much to your water.

By the way, it's an inexpensive solution for adding trace minerals, because two pounds cost well under \$10.



## **Use A Water Bottle That Filters And Infuses Your Water With Ionic Minerals**

Want something you can take with you and use anywhere that not only infuses water with ionized minerals, but also filters it once more?

Then check out the *Aqua Sanitas* water bottle with a patented combination of 13 minerals.

The kaolin clay and nano silver helps filter the water. The minerals, negative ion balls, and more give the water a pleasant soft taste.

It's made of surgical steel, comes in a variety of colors, and has a removable filter at the top, which you need to replace once a year, and a mineral disk built into the bottom of the bottle that lasts for five years.

From my understanding, the bottle will soon be retailing in the U.S. for under \$100. (For a similar, but much less expensive option, check out the alkaline water flask by *Santevia*)

## **Use An Alkaline Pitcher To Add Minerals Back In Your Water**

You can also use a simple pitcher if you want to raise the pH level and add minerals back in.



There are several alkaline pitchers on the market that offer an easy way on how to re-mineralize your water.

These pitchers change the pH level as well as re-mineralizing the water.

Some designs have built-in clocks that count down to the next filter change, a useful little extra.

### **Alkalizing Water Pitchers**

If you don't want to bother with physically introducing something to your water, an alkalizing pitcher filter may be the best solution for you.

This solution looks like your average water jug or pitcher, but it features a lid with a built-in filter.

When you add water to the top chamber of this jug, it will have to pass through the re-mineralizing filter to enter the bottom chamber, ready for drinking. This enables the filter to add a balanced amount of minerals to your water.

Alkalizing filter **pitchers are really simple to use**, and many people favor them because they require minimal effort to work. They're also portable, which is a bonus for anyone looking for a re-mineralization option that they can take to work or on vacation.

Keep in mind that you'll have to change the re-mineralization filter once its minerals have depleted. Depending on the product you've gone for, this may require a new filter purchase once after 6 weeks to 3-6 months.



The only issue with alkalizing water pitchers is that you will have to wait a few minutes (usually around 10-20 mins, max) for your water to filter through.

If you want the convenience of a pitcher, you might be interested in the one made by *Santevia* that filters water, raises the pH, and also adds back in calcium, magnesium, and other beneficial minerals. It comes in four fun colors and the filter life is 80 gallons. Plus, the lid has a handy built-in countdown clock so that you know when to change the filter.

It retails for about \$59 and the replacement filters come in a 3-pack for \$43.99. By the way, the company also makes several other products, such as an alkaline water stick you can add to a water bottle, a stainless steel flask mineral bottle (similar to that described above), and an alkaline reverse osmosis system.

Another option is *pH Restore*. The *pH Restore* jug has some of the longest life filters on the market and is also one of the most effective at raising the pH of your drinking water.

This product is able to remove as much as 99.9% of all contaminants from your water while also increasing the pH level of your water to as high as 10 depending on the quality of your water in your area.

This particular model is moderately priced which means it sits somewhere in the middle between the cheapest and most expensive on this list but I have to admit that I am very impressed with the quality of build, its modern design and the fact that you will be able to enjoy 360 liters of alkaline water per filter.



## Alkaline Water Bottles

An even more portable and convenient **on-the-go re-mineralizing solution** is an alkalizing water bottle. These bottles increase water's pH level by adding measured amounts of calcium and magnesium as you drink through the straw.

The obvious benefit of an alkalizing bottled water solution is that it requires no setup. You simply add your water source and drink from the straw as you usually would. Being smaller and more secure than filter pitchers, alkalizing bottles are also the better choice for carrying in a rucksack on hiking trips or in your purse while at work.

As with alkalizing pitchers, you'll have to change the filtering cartridge after 6 weeks or so to get consistent results from this filtration process.

## Make Spa Water

Craving water with a little extra flavor in it? Then you may enjoy making your own spa water occasionally. Depending on the fruits, vegetables, spices, and herbs you add to it, spa water offers a nice range of minerals and vitamins, not to mention great health benefits. It's a great substitute for soda and juices. Plus, kids really enjoy spa water, too.

## Add A Greens Blend To Your Water

Mixing in an organic greens powder adds minerals, vitamins, and more to your water, so it's a great energy booster.



Now this solution is only a winner if you don't mind drinking green water!

But I wanted to mention it because it makes a powerful energizing drink that is especially great after a long exhausting day. And it won't necessarily taste like algae, because you can get these blends in natural flavors like lemon-lime or berry.

Available in powder form, many manufacturers offer greens powder blends derived from veggies, herbs, grasses, algae, and grains that are not only full of trace minerals and macro minerals, but other goodies like chlorophyll and vitamins, too.

In addition, many blends boast that they provide fiber, prebiotic, probiotic, enzyme, and antioxidants benefits as well. Be sure to read labels carefully to make sure you get what you want as there are many choices.

### **Use A Ph-Balancing Filter For Your System**

Re-mineralizing water can be done at source if you add in an extra filter to your Aqua Tower.

A pH-balancing or re-mineralization filter can usually be added to your system without needing to redesign or change the whole system.

After the water is filtered, some of the minerals are added back; just how much depends on various factors such as flow rate, water temperature and the existing pH level of the water.

Although there is evidence that this can increase the pH level of the water significantly, the level of re-mineralization can vary greatly.





You will need to change the filter occasionally — perhaps twice yearly — and pay around \$30 – \$50 each time for a new one.

**Note:** If you're not sure about the pH or hardness (i.e., mineral content) of your water, you can check both using simple test strips. Sometimes you can also get your water tested for free at a pool and spa supply store or a supplier of water filtration systems. By the way, I discovered that calcium is usually easy to test for, but magnesium may require a more complex and expensive test that a lab needs to do.

### **PRO TIP: The Ultraviolet Light Water Purifier**

Ultraviolet water purification is the most effective method for disinfecting bacteria from the water. Ultraviolet (UV) rays penetrate harmful pathogens in your water and destroy illness-causing microorganisms by attacking their genetic core (DNA). This is extremely efficient in eliminating their ability to reproduce. Disinfecting your water with Ultraviolet light is exceptionally simple, effective and environmentally safe. UV systems destroy 99.99% of harmful microorganisms without adding chemicals or changing your water's taste or odor. UV water purification is usually used with other forms of filtration such as reverse osmosis systems or carbon block filters.

### **Ultraviolet Purification Advantages**

- **Chemical Free:** UV purification does not use any chemicals like chlorine or leave any harmful by products.
- **Taste & Odor Free:** UV does not add any chemical taste or odor to the water.



- **Extremely Effective:** One of the most effective ways to kill disease-causing microbes by destroying 99.99%.
- **Requires very little energy:** Uses about the same energy as it would to run a 60 watt light bulb.
- **Low Maintenance:** Set and forget type of system, just change UV bulb annually.

## **Limitations in UV Water Systems**

Ultraviolet purification itself is not enough to purify water down to drinking water purposes. This is because the UV radiation is only effective for treating bacteria and viruses. UV light does not work to eliminate contaminants such as chlorine, heavy metals and VOC's (Volatile Organic Compounds). UV systems are often paired with Reverse Osmosis Systems to provide a complete purification process for the safest drinking water.

UV light is a natural process and does not produce harmful chemicals in water. Simply connect at point of entry and plugin in the electricity. It's a safe, effective and environmentally friendly disinfection method that is widely used for residential and industrial applications around the world.

Now you know what's available, take a look at specific products online and see how they've been reviewed by customers and third-party experts in terms of quality. How a product is reviewed can answer a lot of the





questions or concerns you may have had about a product's function, effectiveness and value for money.

Always do your own research according to your needs!

